

# Earthsea Acupuncture Info

Acupuncture sessions typically run from 60 minutes to 90 minutes. It is best not to arrive on an empty stomach, and to use the washroom before your treatment. If possible, please avoid coffee, cigarettes, eating a large meal or substance use one hour before and after treatment (but do not skip a session if you do). Cell phones or other electronic devices should be turned off.

The first visit will begin with an intake and consent process. All information you share with me is held in strict confidence at all times. If you have any questions or concerns about treatment, you may ask at any time. I will make a personalized diagnosis and tailor an acupuncture prescription based on your individual health picture at each visit. The more information you are able to share about your present state of health, your health history, and any health-related concerns you have, the more effective your treatment will be.

Once the needles are inserted, you will be asked to relax for about half an hour. Do not get up from the table or move around when the needles are in place. If you need to move or get up, let me know and I will remove the needles. Try not to have anything strenuous planned after a treatment, it is best if you can plan to relax and take it easy. Your body is in healing mode and the acupuncture will continue to take effect for anywhere from a few hours to a few days.

Acupuncture works on a physical, emotional and psychological level. You may notice effects physically, mentally and/or emotionally. This is normal. If emotions come up, it is important to understand that it is part of the healing process. Acupuncture has a cumulative effect. It works best with regular visits. Whatever your reason for seeking treatment, you should notice improvement after one visit, and the effects will be greater with each session. Acupuncture works with your own body's strength and energy.

## **Payment Information**

Earthsea Acupuncture is offered on a sliding scale basis based on financial ability. Acupuncture is covered under many extended health plans. Package rates are available. We will discuss payment options at the beginning of your first session, and payment will be made at the end of your treatment.